



DECEMBER 2011 LUNCH MENU

Available Every Day

SchoolFood Salad Bar with Produce, Fresh Fruit & Cold Sandwiches, Assorted White Milk

Sunday	Mediterranean Monday	Trayless Tuesday	Latin Wednesday	Chicken Thursday	Pizza Friday	Saturday
				1 Chicken Sabroso Spanish Rice Black Bean and Corn Salad SchoolFood Salad Bar Assorted White Milk	2 Flat Bread Pizza with Homemade Tomato Sauce Assorted Roasted Vegetable Toppings SchoolFood Green Salad SchoolFood Salad Bar Assorted White Milk	3
4	5 Cheesy Lasagna Roll-up with Tomato Basil Sauce Zucchini, Corn and Basil Stew SchoolFood Salad Bar Assorted White Milk	6 Deli Bar Healthy Potato Salad SchoolFood Salad Bar Assorted White Milk	7 Burrito Bar Southwest Style Sofrito Brown Rice OR Wrap Roasted Confetti Corn Pico de Gallo SchoolFood Salad Bar Assorted White Milk	8 Asian Roasted Chicken Vegetable Fried Rice Broccoli with Roasted Garlic SchoolFood Salad Bar Assorted White Milk	9 Flat Bread Pizza with Homemade Tomato Sauce Assorted Roasted Vegetable Toppings SchoolFood Green Salad SchoolFood Salad Bar Assorted White Milk	10
11	12 Baked Basil and Garlic Chicken Whole Grain Pasta with Vegetable Tomato Sauce Steamed OR Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	13 Deli Bar Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	14 Chili Baked! Tostitos® Scoops!® Confetti Corn Salad Pico de Gallo SchoolFood Salad Bar Assorted White Milk	15 BBQ Roasted Chicken Jasmine Rose Rice Braised Collards OR Rosemary Red Potatoes SchoolFood Salad Bar Assorted White Milk	16 Flat Bread Pizza with Homemade Tomato Sauce Assorted Roasted Vegetable Toppings SchoolFood Green Salad SchoolFood Salad Bar Assorted White Milk	17
18	19 Pesto Pasta with Chickpeas Whole Grain Pasta Steamed OR Roasted Broccoli SchoolFood Salad Bar Assorted White Milk	20 Deli Bar Healthy Cole Slaw SchoolFood Salad Bar Assorted White Milk	21 Burrito Bar Southwest Style Sofrito Brown Rice OR Wrap Roasted Confetti Corn Pico de Gallo SchoolFood Salad Bar Assorted White Milk	22 Mediterranean Chicken Spanish Rice Roasted Cauliflower And Green Beans SchoolFood Salad Bar Assorted White Milk	23 Flat Bread Pizza with Homemade Tomato Sauce Assorted Roasted Vegetable Toppings SchoolFood Green Salad SchoolFood Salad Bar Assorted White Milk	24
25	26 WINTER RECESS NO SCHOOL	27 WINTER RECESS NO SCHOOL	28 WINTER RECESS NO SCHOOL	29 WINTER RECESS NO SCHOOL	30 WINTER RECESS NO SCHOOL	31



December 2011 Menu Options for the WITS Program Schools

Mondays: No substitution necessary

Tuesdays: Additional side options:

Bread options may vary according to preferences of the school community. “Chopped Salad” wraps may be approved after review of recipe.

Wednesdays: Seasoned Beans with Rice, Mexicali Beans and Rice, Bean Quesadillas (must include ½ cup cooked beans for protein contribution), plantains

Thursdays: Hot Lo Mein, Curried Rice

Friday Pizza Choice: NYC Slice, Pizza Bagel and French bread

Rice - “bread” options: Harvest Blend, Jasmine Rose Rice, brown rice, taco boats and all available sandwich bread varieties

NOTE: Always maintain “offer versus serve” by ensuring the proper meal pattern.